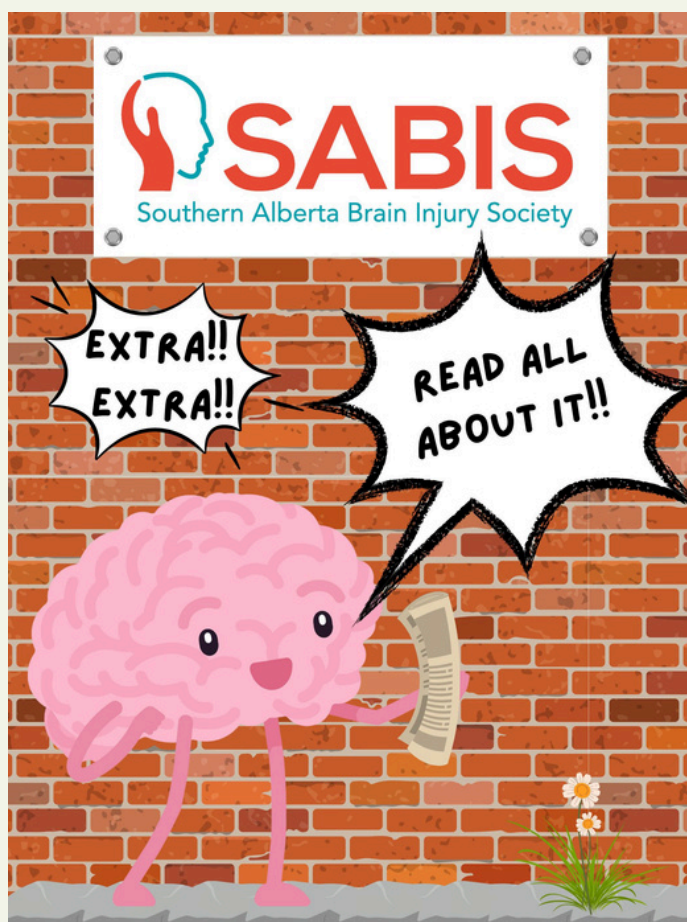




BRAINWAVES NEWSLETTER



***SABIS MAKES
LIFE EASIER
FOR BRAIN
INJURY
SURVIVORS
AND THEIR
SUPPORTERS.***

IN THIS ISSUE...

We have information about our upcoming **peer support groups** and **community events**. There is information on **important upcoming dates** and **events**. We also have a **special thanks** to those who have supported us throughout the year.

A MESSAGE FROM OUR DIRECTOR OF OPERATIONS

Dear Friends and Supporters,

As we embrace the warmth and vitality of the summer season, I am delighted to share with you the latest updates from the Southern Alberta Brain Injury Society (SABIS).

First and foremost, I extend my heartfelt gratitude to our incredible community of volunteers, donors, staff, and participants. Your continued support empowers us to make a meaningful difference in the lives of those we serve. Together, we are building a more inclusive and supportive environment where individuals with brain injuries can thrive.

This summer, SABIS is proud to announce the return of SABIS' Summer Groups, including the Community Discovery Group and the Riley Park Group.

In addition to our programming, we are thrilled to announce SABIS will be hosting an open house on June 4th as a part of Brain Injury Awareness Month. Lastly, Camp SABIS will return this summer on August 23rd. This free, year end barbecue celebrates our we our participants, volunteers, and stakeholders.

Information about SABIS' summer programs and events can be found in this newsletter.

Thank you for your ongoing support, passion, and dedication to the SABIS community. Wishing you all a safe, joyful, and memorable summer season!

Warm regards,

Annalise Schwaiger
Director of Operations

Tara D. Pipella | Derek Allchurch | Kimber R. Pipella



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Tara D. Pipella is rated as a leading practitioner in the area of personal injury and is consistently recommended.

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Wheelchair access at the front of the building with automated accessible doors
(6 blocks from the LRT line - Park Plus street parking, daily parking at Best Western across the street)
Call (403) 660-9383 after hours!

- Free consultation and hospital visits;
- Home visits;
- No Fee unless recovery;
- Assistance with securing medical aid; and
- We only act for the injured, not the insurance company.

- Brain Injury;
- Severe Spinal Cord Injury;
- Quadriplegia;
- Paraplegia;
- Hemiplegia;
- Wrongful Death; and
- Permanent Disabilities including (Fractures, TMJ, Chronic Pain, Post-Concussive Syndrome and PTSD).

*English & Punjabi spoken and professional translators available upon request!

Annual Membership Renewal and Application Form

- If you are a member and your contact information has changed, please complete this form; otherwise, simply pay your annual dues.
- If you want to become a member, please complete this form and pay your annual dues.
- Please pay the annual dues corresponding to your membership category.
- The back of this page describes options for paying annual dues
- A membership year is April 1 to March 31.

NAME: _____

ADDRESS: _____

City: _____ Prov: _____ Postal Code: _____

PHONE: _____ EMAIL: _____

Membership Categories with Corresponding Annual Dues for 2024-2025

- | | |
|--|---|
| <input type="checkbox"/> Individual Membership | Annual Dues: \$ 10.00 (one vote per person) |
| <input type="checkbox"/> Family Membership | Annual Dues: \$ 15.00 (one vote per family) |
| <input type="checkbox"/> Professional Membership | Annual Dues: \$ 20.00 (one vote per professional) |
| <input type="checkbox"/> Non-Profit Agency | Annual Dues : \$ 20.00 (one vote per agency) |
| <input type="checkbox"/> Corporate Membership | Annual Dues: \$100.00 (one vote per corporation) |

Mission of the Society

SABIS makes life easier for brain injury survivors and those who support them.

Rights and Privileges of Full Members

Full members of the Society have the right to receive notices of meetings of the Society, vote at meetings, stand for election to the Board of Directors and receive the Society's quarterly newsletter and annual report.

Options for Paying Annual Membership Dues

Cash

Do not send cash in the mail. Please bring this form and your cash payment to the Society's office between 8:30 AM and 4 PM, Monday to Thursday. The office is closed evenings, weekends and holidays. The office address is:

Suite 140, 301 14th ST NW
Calgary, AB T2N 2A1

Cheque

This form and a cheque made payable to SABIS or Southern Alberta Brain Injury Society may be mailed to the Society's office or brought to the office between 8:30 AM and 4:00 PM Monday to Thursday. The office is closed evenings, weekends and holidays.

Credit Card Payment

- Go to: www.canadahelps.org
- Click on: Make a Donation
- Search for a Charity Box: Southern Alberta Brain Injury Society
- Click on: Charity Profile
- Click on: Donate Now
- Enter: Your annual dues payment
- In Message Box: Write annual dues payment
- Click on: Continue
- Proceed to payment information and confirmation

**On behalf of SABIS, thank you for your support.
Membership is not required to receive services.**



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WWW.GROVERLAWFIRM.COM

SGROVER@GROVERLAWFIRM.COM

BI AWARENESS MONTH

JOIN US FOR OUR OPEN HOUSE

what day? June 4th

where: Suite 140, 301 14th street NW
Calgary AB T2N 2A1

what time? 2:30-6:30



Scan to RSVP!



SABIS

Southern Alberta Brain Injury Society

CAMP SABIS

***JOIN US FOR THE 3RD ANNUAL CAMP SABIS
SUMMER BARBECUE!***



Camp SABIS returns on
August 23rd, 2024.

There will be food, games,
and great company as we
wrap up the summer and
head into fall.

Everyone is welcome!
Please see the next page
to RSVP by booking your
FREE ticket

SABIS is actively seeking volunteers for Camp SABIS!

Please contact sabis@sabis.ab.ca if you are interested in
supporting us

CAMP SABIS 2024

JOIN THE SOUTHERN ALBERTA BRAIN INJURY
SOCIETY FOR A FREE SUMMER BBQ!

AUG 23 2024
11:00AM-2:00PM

SCAN THE QR CODE
OR VISIT EVENTBRITE
TO REGISTER TODAY!

LOCATION: BOWNESS PARK- SITE 3



IMPORTANT DATES

- May 8- Summer group registration opens
- May 20- Office closed, Victoria Day
- June 2024- Brain Injury Awareness Month
- June 4-SABIS Open House, no groups
- June 13- Spring Groups end
- June 14- Summer group registration deadline
- July 1- Canada Day
- July 2- Summer groups begin
- August 5- Office Closed
- August 7- Fall group registration opens
- August 23- Camp SABIS Summer Barbeque
- August 29- Summer groups end
- August 30- Fall group registration deadline

Newsletter Advertising Rates			
Full Colour Ad	Full Page	1/2 Page	1/4 Page
One Issue	\$500	\$300	\$150
Full Year (4 Issues)	\$1500	\$800	\$500

SABIS GROUPS - ACCESS CALGARY FAQ'S

If you are a Calgary Transit Access customer, it will remain your responsibility to book your trips. SABIS recommends setting up a permanent (weekly) booking and asks that you do not book trips outside of the times listed on your group confirmation letter.

Why did SABIS stop booking Calgary Transit Access trips?

SABIS stopped booking Calgary Transit Access trips for groups due to policy changes by Calgary Transit Access.

What is a Permanent Booking?

A Permanent Booking is a booking that can be made for weekly trips exceeding 6 weeks. Participants can phone Access one time to set up their trips for SABIS groups instead of having to call on a weekly basis.

Why does SABIS recommend Permanent Bookings?

SABIS recommends Permanent Bookings to ensure participants' rides are consistent, to avoid disruptions and missing group, and for safety reasons. SABIS is provided a Daily Trip Sheet report which allows us to see who is arriving by Access and at what time. If a ride is booked outside of a certain time, the individual is not included in the report and we do not know you are coming.

How do I set up a Permanent Booking?





Contact Calgary Transit Access 403-537-7777 and ask to set up a permanent booking. The times you should request are listed on your group confirmation letter.

SABIS Peer Support Group Information and Acknowledgment

SABIS is proud to offer a variety of peer support groups on a weekly basis with most of the groups being led by peer facilitators with lived experience.

Due to an increase in demand for SABIS services, including support groups, SABIS has made changes to the registration process to ensure participants are given the opportunity to attend groups in line with their goals or interests.

As indicated on the Group Registration forms, regular attendance is required. If you are unable to commit to attending regularly, please consider attending the Drop-In group or waiting for the next semester to register. Participants who regularly register and do not attend will not be placed in groups.

The Group Registration Form now indicates if a group is Social , Activity Based , Information Based , or Skill Building . Please use this information to select groups in line with your interests. If you have questions about groups, please speak to your Service Coordinator.

Please read and initial each line below prior to selecting group choices on the attached registration form.

- I understand that groups are not first come, first served and that completing a registration form does not guarantee a spot in a group. _____ (Initial)
- I understand that regular attendance is required and that my registration for groups will be discontinued if I am frequently absent without cause (ie. illness) _____ (Initial)
- I am willing to engage and participate to the best of my ability in group. _____ (Initial)
- Participants are responsible for their own personal care. Supporters are asked to remain in lobby during group times. _____ (Initial)

Client signature/Guardian Signature

Date




NAME:


PHONE:



EMAIL:




Please complete the following question before making your top 3 group selections



I am looking for a group that is (Check all that apply):

- Social 
- Activity Based 
- Skill Building 

Riley Park Community Group 
Tuesday, July 2nd – August 29th 10-11:00 am
 This group is for those who want to meet us in Riley Park for conversation and activities. For reasons of safety and practicality, participants who require Access for transportation are unable to attend.

Creative Expression  
Tuesday, July 2nd–August 29th 1:30 –3:00 pm
 This group offers a safe and relaxing space for participants to create and explore different artistic styles and mediums.

Community Discoveries Group   
Wednesday, July 3rd – August 30th, times vary
 This group is for those who want to meet us in the community for activities (this excludes participants who require Access for transportation). All expenses (e.g. entrance fees, transportation, food/drink) are the responsibility of the participant. A schedule with planned activities will be provided with confirmation letter. Dates of activities vary.

Drop In  
Wednesday July 3rd–August 30th 1:30-3:00 pm
 Spend an afternoon with other survivors and be prepared to have fun!
 *Registration is **not required** for the Drop-In group; however, you must be a SABIS client.

EMERGENCY INFORMATION **We will not accept forms without completed Emergency Information**

Emergency Contact Name (please print):

Relationship:

Home Phone:

Cell Phone:

Allergies/medical conditions:

Medication for emergency use (e.g., EpiPen):

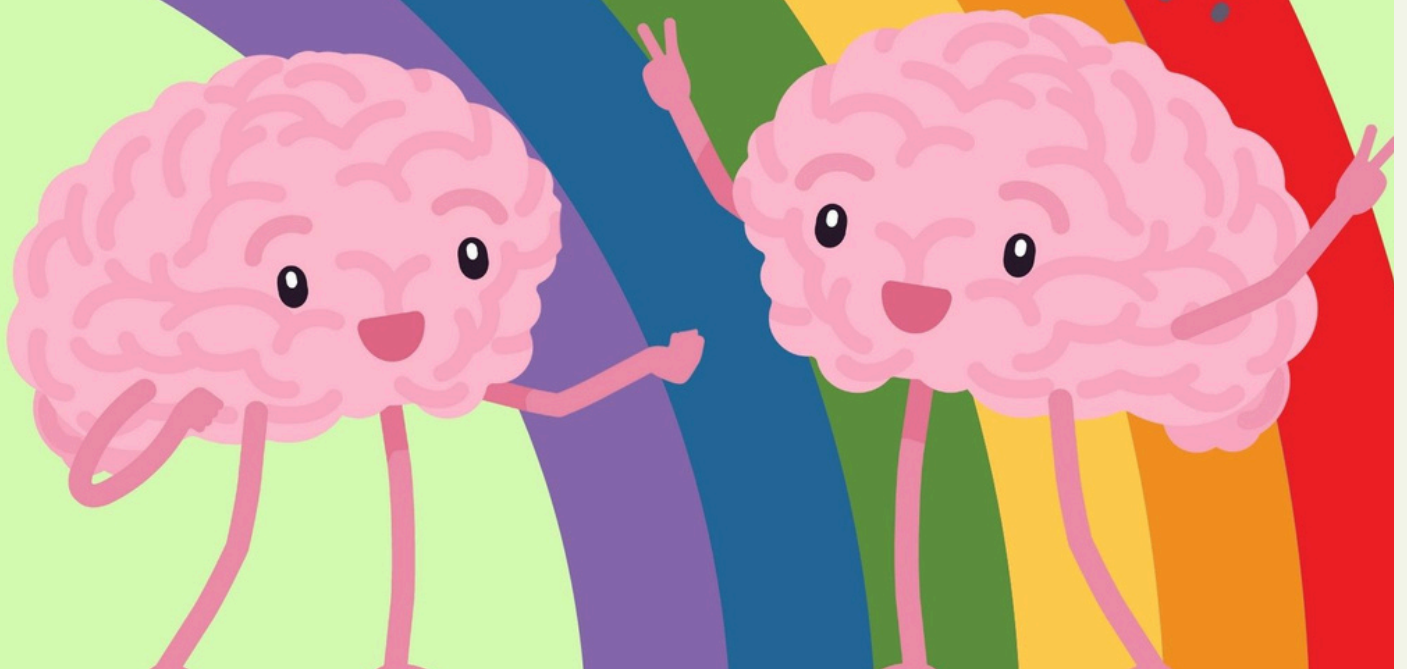
You must be an active SABIS client to join or attend groups. Groups require regular attendance; frequent absence will result in removal from the group. Group confirmation letters will be sent by mail.

****The DEADLINE to register is JUNE 14th, 2024****

If you have any questions, email sabis@sabis.ab.ca or call 403-521-5212 and press 2 to leave a message.

**JULY 3RD TO AUGUST 30TH
1:30PM - 3:00PM
EVERY WEDNESDAY**

**S U M M E R
D R O P - I N G
G R O U P I N G**



SABIS VOLUNTEERS

SABIS WOULD LIKE TO RECOGNIZE THE FOLLOWING SELFLESS INDIVIDUALS WHO HAVE MADE TIME TO SUPPORT US BY VOLUNTEERING. WE COULDN'T DO WHAT WE DO WITHOUT YOU. THANK YOU!

- *TERRY AVRAMENKO*
- *ALLISON PARDER*
- *MEGHAN MUTRIE*
- *HEATHER COVEY*
- *KEN TRUSCOTT*

CURIOUS ABOUT HOW SUPPORT SABIS BY VOLUNTEERING?

ARE YOU READY FOR A V.I.P. EXPERIENCE?

You can help to make a difference in the lives of brain injury survivors and their supporters! We are looking for superhero volunteers to join our **Very Important Presence** program.



For more information on how to become a super VIP, please email us at sabis@sabis.ab.ca

SUPPORTING SABIS

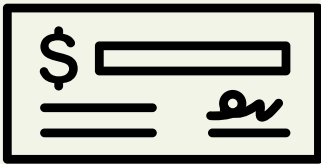
SUPPORTING SABIS MEANS SUPPORTING BRAIN INJURY SURVIVORS

YOUR SUPPORT MAKES A DIFFERENCE

HELP US MAKE LIFE EASIER FOR BRAIN INJURY SURVIVORS AND THEIR SUPPORTERS

- Approximately 70% of our work is helping brain injury survivors live as independently as possible in the community by linking them to supports, services and programs in the Calgary region.
- About 20% of our work is facilitating weekly support groups for survivors of acquired brain injury.
- The remaining 10% focuses on educating the public and other agencies about the causes and effects of acquired brain injury, its effects on individuals, families and the community.
- SABIS advocates for open and inclusive communities for all persons, regardless of the severity of their brain injury. Travel along the road to recovery can be challenging. Your donation makes a difference in the lives of brain injury survivors and their families.

HOW TO SUPPORT



***CHEQUES CAN BE SENT TO THE SABIS OFFICE:
140 - 301 14TH ST NW, CALGARY, AB, T2X 2A1***



***DONATE ONLINE USING A CREDIT CARD VIA CANADA HELPS.
VISIT [HTTPS://WWW.CANADAHELPS.ORG/EN/DN/12815](https://www.canadahelps.org/en/dn/12815)***

**FIND MORE WAYS TO SUPPORT SABIS BY VISITING OUR WEBSITE AT:
WWW.SABIS.AB.CA/GETINVOLVED**

SABIS is a Canadian registered charity authorized to issue official tax receipts for income tax purposes for all donations. To review our annual charitable registration with Canada Revenue Agency, please go to CRA's list of registered charities. Our legal name is: Southern Alberta Brain Injury Society. Our charitable registration number (BIN) is: 10799-5714 RR 0001
SABIS does not sell or share its lists of private and corporate donors, volunteers, members or clients to any person or organization, for any reason whatsoever. SABIS does, however, recognize its volunteers and donors at society events, in our quarterly newsletter and in our annual report. If you would like a copy of our annual report, please contact us.